HEALTHY TIPS

Magnesium Treats Depression Better than Antidepressants

By bestfolkmedicine · 31/10/2018 · 2 min read



Believe it or not, nowadays, the number of people who are diagnosed with depression is 350 million, according to Healthy Holistic Living, i.e. 5 percent of the world population.

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The most common conventional therapy for depression consists of antidepressants; however, even though they can be beneficial, they do contain toxins that can enter the body and worsen health, cause addiction, and numerous other problems.

The Side Effects of Antidepressants

Depression is a mental health problem that is usually a result of a chemical imbalance in the brain and even though antidepressants can decrease these imbalances, they come with some pretty destructive side effects, ***including weight gain, insomnia, nausea, blurry vision,*** and ***dry mouth***. Even though not all depressive individuals who take antidepressants face these effects, there are a lot of sufferers who experience terrible side effects that can be as destructive as depression itself.

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So, it becomes clear why a lot of depression sufferers would like to know if there is a safer alternative treatment approach to depression that will not cause so many other complications. According to the newest findings, it appears there is. Let us find out more.

Alternative to Antidepressants on the Horizon

As noted on Healthy Holistic Living, there is a new treatment option currently being debated in the medical world, i.e. ***magnesium***. This is an important mineral in our body and according to the newest findings; 248 mg of magnesium on a daily basis can be advantageous in reversing depression-related symptoms.

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Taking into consideration that depression meds can cost from $30 to $200 on a monthly basis, which can be quite a burden to one's budget, it is beneficial to know that magnesium consumption will only cost a couple of pennies per day. It is not just a less expensive variant of antidepressants, but it is also a safer one. Let us learn more about how to get sufficient magnesium in your body and help yourself if you happen to suffer from depression.

How to Elevate Magnesium through Your Diet

The following foods are abundant in magnesium so make sure you consume them on a regular basis:

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- **Swiss chard**

- **Spinach**
- **Dark chocolate, 70 percent or more**
- **Pumpkin seeds**
- **Almonds**

Each of these foods have at least 75 mg of magnesium per serving so opt for 3 to 4 servings on the daily for optimal levels.

You can also choose to take magnesium in supplement form; however, consult your physician for the most adequate magnesium supplement option for you. As seen on Healthy Holistic Living, magnesium is not just beneficial for depression patients, but for others too, i.e. it betters the health of the heart, kidneys, and brain.

Why It Is Important to Choose Natural Remedies?

In addition to being less costly, natural remedies will help your body without filling it with dangerous chemicals and causing serious side effects. Try it out; your body will be grateful.

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Sources:

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